

COMMON SIGNS OF LOW BLOOD SUGAR

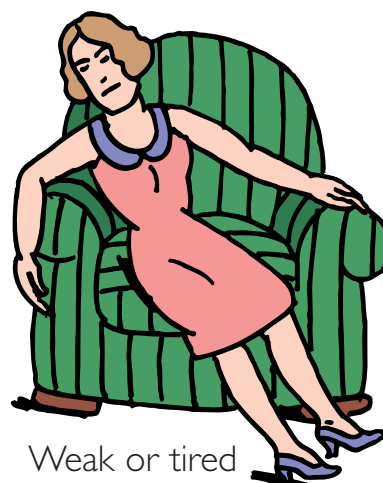
(Hypoglycemia)



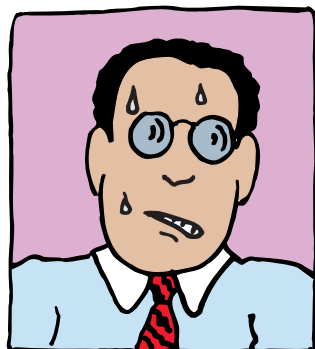
Shaky or dizzy



Blurry vision



Weak or tired



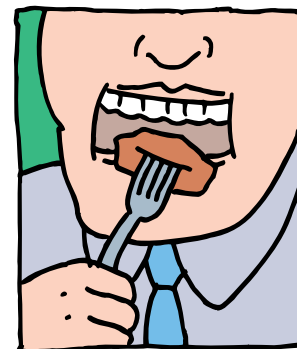
Sweaty



Upset or nervous



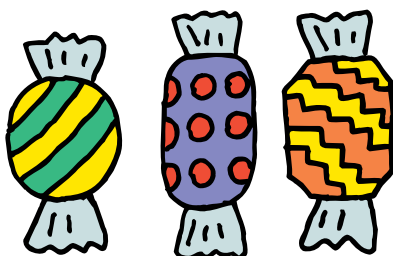
Headache



Hungry

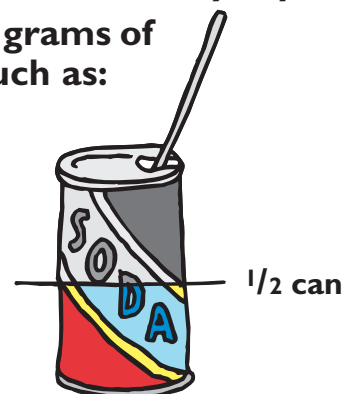
A low blood sugar (glucose) problem can happen quickly. If you can, test your blood right away. If you can't test, treat anyway.

Treat a low blood sugar problem with 15 grams of a fast-acting high-carbohydrate food, such as:



3 pieces of hard candy
or 3 glucose tablets

4 oz



1/2 can

4 ounces of orange juice, 1/2 can of regular (not diet!) soda, or 1 tablespoon of sugar

Check your blood sugar again in 15 minutes. If it is still low, eat or drink one more fast-acting food. If you still don't feel better, call your doctor.